Help, Health, Fellowship...

COA CONNECTION

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730 Telephone 781-275-6825 E-mail: coa@bedfordma.gov Website: http://www.bedfordma.gov/council-on-aging Director: Alison Cservenschi

Elder Services Coordinator: Wendy Aronson • Administrative Assistant: Alissa Anderson Daytime Dept. Assistant: Marianne Smith • Evening Dept. Assistant: Donna Sokolski Saturday Activities Coordinator: Vicky Umanita • COA Board Chair: Allan Morgan

END OF SUMMER INTERACTIVE SEMINAR

Thursday, August 18 at 1:00 PM

Atty. Dale Tamburro will be here to discuss the top 20 questions from Seniors in regards to Elder Law. It will be an interactive session in which the 20 questions will be submitted by the audience as well as the attorney. Topics include Trusts, Probate, Estate Tax, MedicAid/ MassHealth, Health Care Proxy, Power of Attorneys, Home Options and more. The participants are asked to write down up to three questions in advance to hand in at the beginning of the seminar. Bedford will be the test site to determine the first new list of 20 Questions. Please sign-up for this lecture so we know you are coming!

He will also offer (free of charge) three individual 45min. appointments beginning at 9:30AM. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more info!

What Going on Around Town? with Chris Laskey, **Code Enforcement Director**

If you have questions or want to know what is going on around town with buildings, construction or new

stores coming to town, Chris Laskey will be back at the Council on Aging on Wednesday, August 17 at 12:45 PM to give you the inside scoop! Chris will share this firsthand knowledge of current and future developments around Bedford. If you missed this presentation last quarter, you won't want to miss it again!

Windows 10 Discussion

This month, (July) is the last time to get a free upgrade of Microsoft Windows or to Whether you've already upgraded or not, come to the COA Computer Group meeting at 10 AM July 6th for a demonstration of Windows 10 followed by a O&A discussion.

Billerica Cat Care Coalition

Join us at the Council on Aging on Wednesday, July 13 at 12:30 PM to learn about what this caring group does for local cats! Billerica Cat Care Coalition (BCCC) is dedicated to the protection and humane treatment of feral and abandoned cats, as well as owned cats and

kittens. We work to provide a humane method Billerica Cat Care Coalition to end the cycle of feral cat over-reproduction, via our Trap-Neuter-Return (TNR) program.



Tomatoes: Summer's Tastiest Fruit Thursday, July 7 at 1:00 PM

Celebrate Culinary Arts Month § with Atria! We will explore what to do with tomatoes. Join us as

Chef Jon Riley from Atria Longmeadow Place wows us with many different delicious ways to enjoy tomatoes! Please sign up in advance at the COA so we know how many to expect.



Billerica Crossinas Ice Cream Social!

Join us at the Council on Aging on Tuesday, July 19 at 12:30 PM for a scoop of ice cream! Please sign up as space is limited.

Expanded Council on Aging Hours:





Veterans' Coffee

Wednesdays, July 20 & August 17 at 10 AM Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to ŔSVP 781-275-6825.

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S JUST FOR FUN

Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on Saturday, July 2 if your special day is in July and Saturday, August 6 if your special day is in August!

Songfest!

on Wednesday, July 20 and August 10 for an old fashioned Camp Sing-a-long! We will even supply the S'mores! See you at 10:30 AM!

Trips! Trips! Trips!

Concord River Summer Lunch Cruise Thursday, July 21

Enjoy a unique dining experience aboard a pontoon boat while viewing the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. Cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. See the Old North Bridge where the shot heard around the world was fired. Lunch includes a side salad, fruit, dessert and your choice of sandwich: chicken salad, tuna, sliced turkey, ham and cheese, or vegetarian. Served with iced tea or lemonade. Full payment of \$35 is due upon sign up.

**Please meet at 10:30 at the South Bridge Boat House in Concord (496 Main St.) The cruise leaves at 11:00 AM and will return at about 12:30. Space is limited to 20, so reserve your spot today!

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.



Adult Coloring

For Therapy ...or Just for Fun! Friday July 15th & August 19th at 12:30pm



Come and join our volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Recently adults have rediscovered this most universal childhood activity and many are finding it therapeutic and relaxing! Come and be a kid again with your peers and embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with our hands. Pre-printed pages will be provided along with coloring pencils. Use ours or bring your own! Come and relax with us!



Are ready for some laughs? If yes, then bring your sense of humor and come enjoy Trivia Time on **Wednesday, August 31 at 12:30 PM!** Join Jenn Quinn, Owner/ President of ComForCare Home Care, for a fun game about Entertainment, Sports, Music, History (including Bedford History) and much, much more! Truly anything goes so everyone has the chance to contribute in their area of expertise. Let's see who is tops in trivia at the Bedford Senior Center! Please call the COA to sign up!

Do you like playing RISK or Chess?

The COA now has a chess group! They meet on Thursdays at 2:00 PM! If you are interested in playing, or learning, please join us! Risk is also available at anytime!







Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. Reservations are required even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. Limit of 40 per day so sign up early to ensure your space! Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.



Saturday Movies begin at 1:15 PM

July 2 The Social Network (2010) PG-13 Director David Fincher's biographical drama chronicles the rise of Facebook CEO Mark Zuckerberg from Harvard student to Internet superstar. As the entrepreneur is driven

to succeed, his personal relationships suffer and he lands in legal trouble.

July 9 Mystery Street (1950) NR Vivian is being brushed off by her rich, married boyfriend. To confront him, she hijacks Henry Shanway and his car from Boston to Cape Cod. Once there, she strands Henry. Months later, a skeleton is found on a lonely Cape Cod beach. Using the macabre expertise of Harvard forensic specialist Dr. McAdoo, Lt. Pete Morales must work back from bones to find the victim's identity and killer.

July 16 21 (2008) PG-13 Struggling to come up with medical school tuition, Ben Campbell turns to one of his professors, who trains Ben and five other students to become card-counting experts with the intent of swindling millions out of Las Vegas casinos.

July 23 Next Stop Wonderland (1998) R When Erin is dumped, her mother places personal ads on her behalf. Erin reluctantly goes out with a string of men, but a lonely plumber keeps crossing her path. If the

behalf. Erin reluctantly goes out with a string of men, but a lonely plumber keeps crossing ner pain. If the two could only meet, they might make the perfect pair.

July 30 A Civil Action (1998) PG-13 In this drama based on a true story, John Travolta stars as a personal-injury lawyer who sues a major corporation when the drinking water in Woburn, Mass., is found to contain high levels of industrial solvents. Believing the contamination is responsible for the large number of leukemia deaths among the town's children, the citizens -- lead by a woman (Kathleen Quinlan) whose child has died -- hire a lawyer to take on the corporate polluters.

August 6 The Invention of Lying (2009) PG-13 In a world where no one fibs, fiction doesn't exist and people take each other at their literal word, unsuccessful screenwriter Mark gains fame and fortune -- and maybe the girl of his dreams -- by saving things that aren't true.

people take each other at their literal word, unsuccessful screenwriter Mark gains fame and fortune -- and maybe the girl of his dreams -- by saying things that aren't true.

August 13 The Perfect Storm (2000) PG-13 Veteran fisherman Billy Tyne (George Clooney) has had a run of disappointing catches and is determined to change his luck by going beyond the normal reach of New England fishing boats to the remote Flemish Cap. But in doing so, he risks everything. Once at sea, he hears about a huge storm building up, but is convinced he can beat it back to Gloucester with an enormous catch. Mark Wahlberg and Mary Elizabeth Mastrantonio co-star.

August 20 The Boston Strangler (1968) R During the mid-1960s, Boston was gripped with fear as women throughout the city were being raped and murdered by a serial killer. Based on a true story, this film recounts the events that led up to the capture of Albert DeSalvo (Tony Curtis), aka The Boston Strangler, a mentally unstable man later convicted of the killings. The story is told from the perspective of the police detectives desperately trying to find DeSalvo before he strikes again.

August 27 Fever Pitch (2005) PG-13 Everything's going great between baseball fanatic Ben (Jimmy Fallon) and his new girlfriend, Lindsay (Drew Barrymore). But when spring rolls around and baseball season begins, Ben's overwhelming obsession with the Boston Red Sox threatens to destroy their relationship. Ione Skye and Kadee Strickland co-star in this Farrelly brothers comedy based on Nick Hornby's novel, which originally had its protagonist obsessed with soccer.

Hornby's novel, which originally had its protagonist obsessed with soccer.

Thanks to the FBCOA for our funding!

Breakfast and BINGO

Tuesday, July 19 & August 16 at 9:30 AM Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the ADDRESS Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

Name That Tune!

A monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on Monday, July 18 & August 15 at 12:30 PM. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

FBCOA Annual Mer	mbership Dues
2016—20	17

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ı	INDIVIDUAL		\$5.00	
	FAMILY		\$7.00	
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ı	TOTAL			\$
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NAME

TOWN/ZIP CODE

EMAIL:



Fitness News



MORNING EXERCISE CLASSES

5 classes per week for \$50/month - only \$2.30 per class! 3 classes per week for \$45/month - only \$3.20 per class! 2 classes per week for \$35/month - only \$3.89 per class! 1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM), taught by Rita Khoury and Thursday (10:00 AM), taught by Madeline Shaw-Moran. These classes focus more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us! Your body will thank you!

Drop in rate for the above classes is \$5 /day

OsteoFitness: Building Bones Building Bonds!

Beverley J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. OsteoFitness™ for Osteoporosis and Osteoarthritis is more than just strengthening.

This is an evidence based program to build bone. The class boasts of many members who have reversed their osteopenia/osteoporosis without bisphosphonates. Falls prevention is developed. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA.

\$168 per 20-class session. Please visit the COA or call to register at (781) 275-6825.

Next session dates: 6/10-8/19 & 8/23-11/1

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Working from the safety and comfort of either a chair or exercise ball—workout for the entire body— this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. \$65 per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/ Larraine or Fridays at 10:00 w/Helen; \$65 per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. \$65 per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba[®] class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba[®] choreography that focuses on balance, range of motion and coordination; \$65 per 8 week session. Tuesdays at 4:00 PM w/Vera.

Drop in rate for the above classes is \$10 per day

TAP DANCE

Chuck Frates' popular Tap Dancing class takes a summer break! Watch for his classes to return on Tuesdays after Labor Day. Also, keep your eyes open for these talented tappers at the Bedford Day parade!



Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the CoA

Game Night Wednesday July 20 at 6:45 PM

Come play some favorites like Risk, Chess, Poker and Monopoly or learn a new game like Quiddler! We will have several tables set up with games, adult coloring, crafts and of course delicious refreshments!

What's For Dinner?? Join us at 6:30!

Monday, July 18: Virsa de Punjab Indian Cuisine, \$7 Wednesday, July 20: Pizza Party, \$3 Monday, August 22: Pizza Party, \$3 Wednesday, August 31: Chinese Food, \$5 Please call ahead to sign up for each event.



I COA CINEMA 6:45 PM

July 13 *No End in Sight (2007)* NR This Oscar-nominated documentary from filmmaker (and former Brookings Institution fellow) Charles Ferguson examines the decisions that led to the 2003 U.S. invasion of Iraq and the handling of the subsequent occupation by President George W. Bush and his administration. Featuring detailed analysis and exclusive interviews with central players, the film pulls no punches as it chronicles the twists and turns America took on the path to war.

July 27 The Secret (2006) NR An assembly of writers, philosophers and scientists share The Secret, a principle that reputedly brought success to Plato, da Vinci and other greats and that can empower viewers to attain success in their own careers, relationships and health.

August 10 Dear Zachary: A Letter to a Son About His Father (2008) NR Filmmaker Kurt Kuenne's poignant tribute to his murdered childhood friend, Andrew Bagby, tells the story of a child custody battle between the baby's grieving grandparents and Shirley Turner, Bagby's pregnant ex-girlfriend and suspected killer. Initially, Kuenne made this documentary as a memorial for Andrew's loved ones, but it morphs into an emotional legal odyssey when Turner goes free on bail and is allowed to raise her son.

August 24 Encounters at the End of the World (2007) G Filmmaker Werner Herzog takes you on a wild and woolly journey to the South Pole in this Oscar contender -- from the National Science Foundation's headquarters on Ross Island to some of Antarctica's most remote and dangerous terrain.

August 29 The Big Short (2015) R Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits.



Wednesday, August 17 at 6:30 PM

Join us to relax and unwind at Adult Coloring...

...Or to be boisterous and win a prize at BINGO!





Root Beer Floats Monday, August 15 at 6:30 PM

The COA is inviting YOU to enjoy an old fashioned Root Beer Float during the dog days of summer. Please sign up at the COA to join us for this free event!

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ♦ Senior-related crisis intervention
- Assistance in choosing housing, including assisted living and nursing facilities
- ♦ Transportation to medical appointments
- Help in obtaining public benefits
- Health benefits counseling
- ♦ Job placement through the Town and in the private sector
- Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ♦ *Legal counseling by an attorney*
- ♦ Tax preparation by AÁRP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either have preferable. Jim Banks is have in-person by appointment or by phone at (781) 275-6825. If you are a family have offering these classes free have member or caregiver of a senior, Wendy can help you access the information had and resources that best suit your needs. Please do not hesitate to call!

Folk & Line Dance!

a ... at the Council on Aging a ... at the Council on Aging a ... at the Mondays exactly at a ... at 2.00 PM with your 'two a ... at left feet' for folk & line at left feet' feet'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TUTO OLPI	**		9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Nurse's Hours/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: The Social Network
Have a Happy * TH of * CLOSED	9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 1:00 Writing Group 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise 10:00 Windows 10 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch	9:00 Muscle Care 9:15 Osteo Yoga 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones/ 1:00 Tomatoes/ Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Mystery Street
9:00 Exercise 9:30 Chair Yoga 10:00 BINGO 11:45 Lunch 1:00 Poker 1:30 Hitler History 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 SHINE 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise 10:00 Genealogy 11:00 Mah Jongg 11:45 Lunch 12:30 Cat Coalition/ Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: No End in Sight	9:00 Muscle Care 9:15 Osteo Yoga 10:00 Exercise 11:00 Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 6:00 Pickleball	I I:00 Coffee I I:30 Dog Bones I 2:30 Beginner's Italian Luau I:00 Bridge, cards, pool I:15 Movie: 21
9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 11:45 Lunch 12:30 Name That Tune 1:00 Poker 1:30 Hitler History 6:30 Sit & Stitch/ Virsa de Punjab 7:00 Folk & Line Dance	112:30 Ice Cream	9:00 Exercise/ 10:00 Vets Coffee 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ ID Theft 6:30 Sit 'n Stitch/ Learn to Stitch/ Pizza Party 6:45 Game Night	9:00 Muscle Care 9:15 Osteo Yoga 10:00 Exercise/ Hearing 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi	Podiatry 9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 10:30 Summer Tips 11:00 OsteoFitness/ 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Next Stop Wonderland
9:00 Exercise 9:30 Chair Yoga 11:45 Lunch 1:00 Poker Nurse's Hours 1:30 Hitler History 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 SHINE 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: <i>The Secret</i>	9:00 Muscle Care 9:15 Osteo Yoga 10:00 Exercise/ 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing/ 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: <i>A Civil</i> <i>Action</i>





MONDAY	THECHAV	WEDNESDAY	TUIDEDAY	EDIDAV	SATURDAY
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9:30 Chair Yoga 10:00 Science & Tech 11:45 Lunch 1:00 Poker 1:30 Hitler History 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness	Fire Safety Breakfast 10:00 Computer Club 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch	10:00 Fuscie Care 10:00 Exercise 11:00 Duplicate Bridge/ Dog Bones 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	7:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing/ 6:00 Pickleball	11:30 Conee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: The Invention of Lying
9:00 Exercise 9:30 Chair Yoga 10:00 BINGO I I:45 Lunch I:00 Poker 6:30 Sit & Stitch 7:00 Folk & Line Dance	9:00 SHINE 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise 10:00 Genealogy 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: Dear Zachary: A Letter to a Son About His Father	9:00 Muscle Care II 10:00 Exercise II:00 Dog Bones I:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:45 Your Story 1:00 Scrabble/ Nurse's Hours/ Line Dancing/ 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: The Perfect Storm
9:00 Exercise 9:30 Chair Yoga 15 10:00 Science & Tech 11:45 Lunch 12:30 Name That Tune 1:00 Poker 6:30 Sit & Stitch/ Ice Cream Social 7:00 Folk & Line Dance	Breakfast & BINGO	9:00 Exercise 10:00 Vets Coffee 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:45 Town Info 6:30 Sit 'n Stitch/ Learn to Stitch/ Adult Coloring/ BINGO	9:00 Muscle Care 10:00 Exercise/ Hearing 11:00 Duplicate Bridge/ Dog Bones/ 1:00 Current Events/ Tai Chi/ Dale Tamburro 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 1:00 Scrabble/ Line Dancing 6:00 Pickleball	11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: The Boston Strangler
9:00 Exercise 9:30 Chair Yoga 11:45 Lunch 1:00 Poker/ Nurse's Hours 6:30 Sit & Stitch 6:45 Pizza Party 7:00 Folk & Line Dance	11:00 Dup. Bridge/ ²³ OsteoFitness 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball 7:30 Single Again	9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch/ Learn to Stitch 6:45 Movie: Encounters at the End of the World	10:00 Exercise/ 13 11:00 Dog Bones 1:00 Current Events/ Tai Chi 2:00 Chess 3:00 Handcrafts	9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness/ 11:30 Board Games 11:45 Lunch 1:00 Scrabble/ Line Dancing 6:00 Pickleball	12:30 Beginner's Italian I:00 Bridge, cards, pool I:15 Movie: Fever Pitch
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For Your Health

Nurse's Hours On Friday, July 1 & August 12 & Monday, July 25 & August 22 Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and provide individual consultation for health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry

Dr. Bryant Tarr will be at the COA from 8 -11 AM on Friday. July 22. Please call to let us know you are coming. This is a "first come. first served" clinic.

M The cost is m \$30 for each treatment.

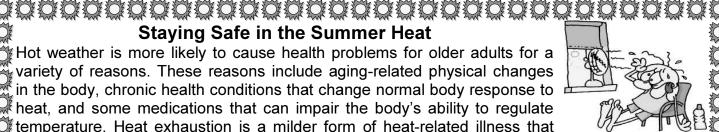
Free Hearing Clinic Apex Hearing Care, JLLC Custom Fit and Service Hearing Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on Thursday, July 21 & August 18 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

SHINE

the Health (Serving Insurance Needs Counselors Everyone) from Minuteman Senior Services will be available: Tuesdays: July 12, 19, 26 & August 2, 9, 16 from 9-12; Please call to make an appointment! cannot leave your home, they will call you.

Staying Safe in the Summer Heat

Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions that change normal body response to heat, and some medications that can impair the body's ability to regulate temperature. Heat exhaustion is a milder form of heat-related illness that



can develop after several days of exposure to high temperatures and inadequate replacement of fluids. Heat stroke occurs when the body becomes unable to cool down by itself and losses the ability to control its temperature. This is the most serious heat-related illness and can be fatal. Heat-related illness is preventable! Learning the signs and symptoms of heat exhaustion can help you to detect the problem in the early stage. Learning the tips to prevent heat-related illness can 🛣

ensure a healthier summer! The Community Health Nurse, Joyce Cheng, will give a presentation on the "Summer Heat Safety Tips". Come and learn the ways to beat summer heat and learn some recipes to make refreshing summer drinks! The presentation will be held on Friday, July 🕍 22nd at 10:30 AM at the Council on Aging.

Acupuncture Clinic With Dr. Suraja Roychowdhury \$35 per visit Tuesdays 4-8 PM Please call (610)731-5030 for an appointment

Muscle Care Clinic With **Wayne Durante, LMT \$10** for **10** minutes Thursdays beginning at 9:00 AM Please call the COA for an appointment 781-275-6825

Take a Hike

...will return after Labor Day! Keep an eye out for Tuesday and



Thursday hikes beginning September 6th. Limit 18 hikers per trip. Please contact Susan: slgrieb@comcast.net to be added to the mailing list.

Cycling for Seniors

A series of bicycle rides for active seniors. All rides will start in front of the COA at 10AM. If you would like to be put on a list to be notified of upcoming rides send an email to Jack Donohue (jmdonohue@alum.mit.edu). Rides will be 15-20 miles long, depending (on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multi-speed bike in good condition. We'll try to stay mostly on back roads, but we will spend some time on busy roads, so you should be comfortable riding with traffic. After the ride, we'll have coffee and snacks at the COA.

Join Our Lunchtime Walkers!

This is an informal walking group that walks either before or after lunch Monday, Wednesday and

Friday. Groups walk indoors near the COA anywhere from 10:30 AM-1:00 PM. Please join us! Stairs, ramps or levels surfaces to choose from!

What You Need to Know

NEW!! Evening Computer Drop-In

Wednesdays 7-9PM · By appointment only Please sign-up at the Council on Aging Bring your questions, laptop, ipad, kindle (whatever you need help with)



The Bedford Minuteman is looking for residents interested in preserving their story and family history! The Minuteman Minuteman is working to launch a



podcast where we interview residents, local officials and people of interest about their lives in Bedford and what the community means to them ...and we want to hear from you! To tell us your story, please join editor Joy Richard at the Bedford COA on Friday, July 12 at 12:45 PM! also contact can irichard@wickedlocal.com.



Interested in Party Bridge??

Groups meet at 12:30 PM, Monday through Friday. Leave your name and phone number at the COA to be added to the sub list!

Identity Theft Wednesday, July 20 at 12:30 PM

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will



present Consumer University with a focus on identity theft. The presentation will include information about the Office and what we do. It will also cover how to spot and avoid scams, and how to prevent identity theft. Please let the COA know if you are planning to attend.

Bodies in Motion

Art with Sue Funk Stay tuned for this upcoming class beginning in September!





Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Wednesday**, August 3rd at 9:00 AM for a special breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.

SCIENCE & TECHNOLOGY CLUB All are welcome!

ioin us for the thought-This summer, provoking series: Your Inner Fish. This PBS series is based on a book by Neil Shubin.

Episode 1, July 18 at 10 AM: "Your Inner Fish" connects our limbs, necks and lungs to a fish with limbs that crawled onto land 375 million years ago.

Episode 2, August 1 at 10 AM: "Your Inner Reptile" traces our hair, skin, teeth, jaws and sense of hearing back to reptilian ancestors - from ferocious beasts that ruled the Earth to a little shrew-like animal that lived 195 million years ago.

Episode 3, August 15 at 10 AM: "Your Inner Monkev" tracks our hands. feet. spine and upright gait to our vision, primate and hominid progenitors, who also passed on perhaps the most important legacy of all: a path to the human brain.

Please join us for a viewing and discussion after each episode!



Coming in September: The Botany of Desire; a series based on Michael Pollan's book.

Have any topics that interest you?? Please let us know!

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on Wednesday July 6 & August 3 at 10:00 AM.

Computer Drop-In

Our friendly Computer Club volunteers will be here only by appointment for the summer to help those with questions about any aspect of computer use. Please call the COA to arrange an appointment or email BCOACC@verizon.net.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com



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Dog B.O.N.E.S. Visits

Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support Stop in and visit with Mara & her dog Max who will be here Thursdays from 11-noon. Ann & her dog Kobi drop by every Saturday 11:30-12:30! Also, keep your eyes open for impromptu visits all week by other volunteers!

Caregiver & Bereavement Support Group

Anne Marie Rowse, a geriatric care manager and Chaplain is now offering a FREE Caregiver & Bereavement Support Group at Bedford Town Center, 12 Mudge Way, Fitch Room on Mondays, September 12, October 3, November 14 and December 12; 3-4:30 PM. For those who want to talk privately about resources or one on one support, Anne Marie will stay until 5pm. This group is open to residents from any town. For more info, please write amarowse@charter.net or call her at (508) 479-0652. Sign-up not necessary. This program is supported by both the Bedford & Carlisle Council on Aging.

If you know of someone who would benefit from a 'Get Well' or 'Thinking of You' card, please give the details, to Alissa at the COA Front Desk, along with an address, and the Sunshine Lady will send them along!



FBCOA 2017 Membership Dues by September 2016

attend a trip or event at the COA. Please join us! You do NOT need to be a member of the FBCOR or a Bedford resident to Important note about trips and events:

):00 Dog Bones 10:30 SongFest 11:00 Dog Bones 10:00 Sit 'n Stitc'h 1:00 Bridge, cards, pool			9:30 Chair Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Sit 'n Stitch
	sanog Bones	9:00 Fix It Shop 9:00 Exercise 9:00 Muscle Ca	YAUNOM 9:00 Exercise



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